General Leonard Wood Army Community Hospital
Community Health Resource Center

Clean Hands Save Lives

Keeping our hands clean is one of the most important things we can do to keep from getting sick and from spreading germs to others.

Reference www.cdc.gov

Clean Hands Save Lives

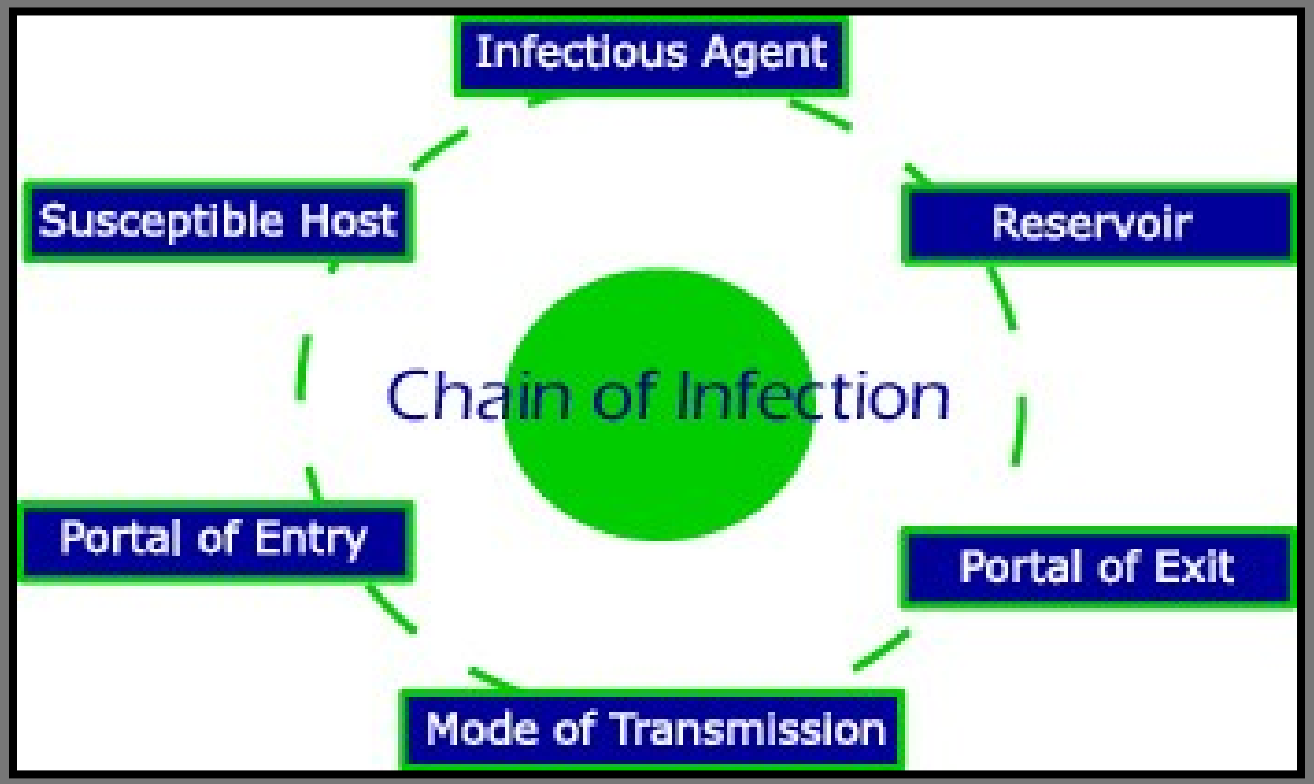
- Infectious diseases, many of which are spread by unclean hands, remain the leading cause of death and disease worldwide and the third-leading cause of death in the United States.
- Many germs enter the body through cuts or abrasions on the skin.
- Germs can also be spread from our hands to our mouth or nose.

Clean Hands Save Lives

- The skin normally has many types of bacteria living on it, but intact skin is an effective barrier that keeps these bacteria from entering and growing within the body.

- When there is a break in the skin, however, bacteria can enter the body and grow there, causing infection and inflammation. The skin tissues in the infected area become red, hot, irritated and painful.

Break the Chain of Infection



Clean Hands Save Lives

- Keeping our hands clean is one of the most important things we can do to keep from getting sick and from spreading germs to others
- It is best to wash hands with soap and clean running water for 20 seconds
- If soap and clean water are not available, use an alcohol-based product to clean your hands

Clean Hands Save Lives

- Alcohol-based handrubs significantly reduce the number of germs on skin and are fast acting

- When using an alcohol-based hand rub, apply the product to the palm of one hand and rub hands together. Rub the product over all surfaces of hands and fingers until hands are dry

When should I clean my hands?

- Before preparing or eating food
- After going to the bathroom
- Before touching the eyes, nose or mouth
- After blowing your nose, coughing, or sneezing
- Before and after touching a cut or abrasion
- After touching or shaking hands with someone who is sick

Washing hands with soap and water

- **Wet your hands with clean running water and and apply soap. Use warm water if it is available.**
- **Rub hands together to make a lather and scrub all surfaces.**
- **Continue rubbing hands for 20 seconds. Need a timer? Imagine singing “Happy Birthday” twice through to a friend!**

Washing hands with soap and water

- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet
- Do not share linens

Remember: *If soap and water are not available, use alcohol-based gel to clean hands.*

Cleaning hands with alcohol-based hand sanitizers

- When hands are visibly dirty, they should be washed with soap and clean running water when available.

- If soap and water are not available, use an alcohol-based product to clean your hands.

Cleaning hands with alcohol-based hand sanitizers

- Alcohol-based handrubs significantly reduce the number of germs on skin and are fast acting.

- When using an alcohol-based handrub, apply product to the palm of one hand and rub hands together. Rub the product over all surfaces of hands and fingers until hands are dry.

Clean Hands Save Lives

- Do NOT use saliva or urine to clean wounds!

- Report to Sick Call for any of the following signs or symptoms:

  - Fever
  - Sore Throat
  - Redness , Swelling, Drainage or Warmth around the injury

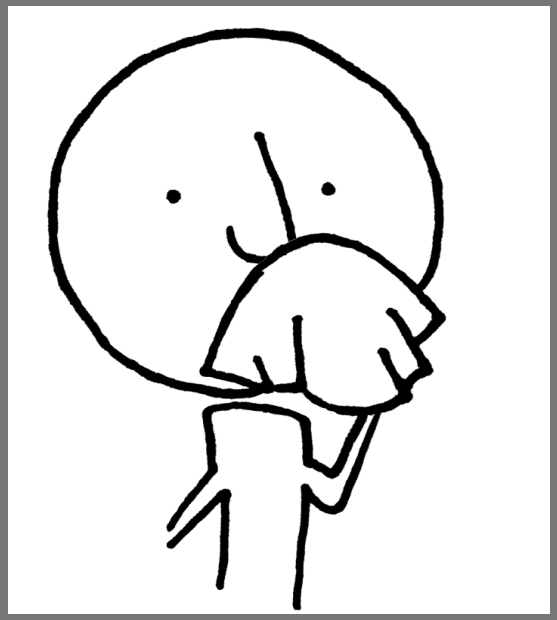
What else can I do?

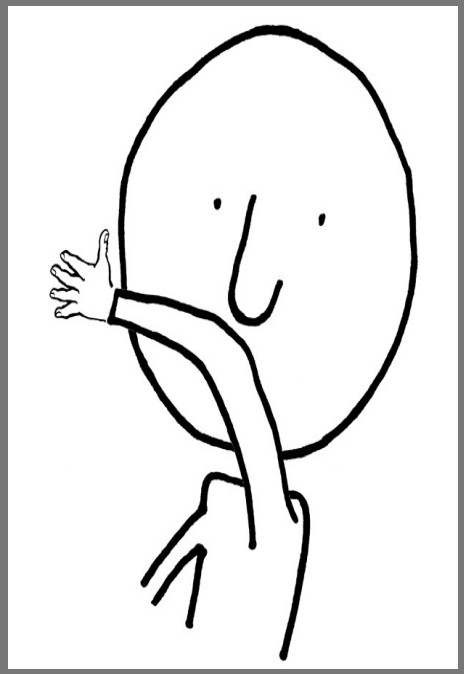
- Moisturize your skin regularly.
- Brush your teeth.
- Trim your fingernails and toenails carefully.
- Protect your hands and feet.
- Promptly treat any superficial skin infections, such as athlete's foot.

What else can I do?

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.





Questions